

# **LESSON FOR LIVING<sub>17</sub>**

## **GETTING OLD**

**A TERM ASSOCIATED WITH  
MANY NEGATIVE IDEAS;**

**SUCH AS;**

**BEING OLD IN A WORLD WHERE YOUTH RULES**

**NOT BEING ABLE TO DO FOR OURSELVES**

**BECOMING DEPENDENT ON OTHERS**

**NO LONGER BEING A PLAYER**

**RUNNING OUT OF MONEY**

**BECOMING FORGETFUL**

**LOSING YOUR BALANCE**

**BEING OUT OF THINGS**

**YOUR APPEARANCE**

**LOSING CONTROL**

**GETTING DIZZY**

**NOT COUNTING**

**BEING SICKLY**

**WEAKNESS**

**WORRY**

**DEATH**

**FEAR**

**THE LIST GOES ON AND ON!**

**ALL NEGATIVE REALITIES CONCERNING**

**“GETTING OLD”**

**COME FROM**

**“COLLECTIVE CONSCIOUSNESS”**

**(BELIEFS OF THE WORLD)**

**THESE NEGATIVE IDEAS<sub>LL17</sub>**

**NEED NOT**

**BE TRUE FOR YOU!**  
**GETTING OLD**  
**NEED NOT MEAN**  
**GETTING SICK!**

IF YOU CAN ONLY ACCEPT AND SUPPORT ONE PART OF THIS REALITY  
IT SHOULD BE;

**“GETTING OLD” IS A NATURAL PART OF LIVING;**  
**IT DOESN'T MEAN “GETTING SICK”.**

**“GETTING SICK” IS ASSOCIATED WITH “GETTING OLD”**  
**FOR SEVERAL REASONS;**

• YOUR PERSONAL EXPERIENCES AND OBSERVATIONS OF  
“OLD PEOPLE AND ILLNESS”

• “THE SAVING FOR A RAINY DAY” PHILOSOPHY ;  
AFTER YEARS OF PLANNING FOR A “RAINY DAY”,  
HOW COULD IT NOT HAPPEN?

• MANY OLD PEOPLE GET SICK AS A WAY OF  
USING “ILLNESS AND SUFFERING”  
TO PAY OFF “GUILT” BEFORE THEY LEAVE THIS REALITY.

**SORT OF A “PAY BEFORE YOU GO” PLAN.**

**TO AVOID THE NEGATIVE IDEAS ASSOCIATED**  
**WITH THE TERM “GETTING OLD”**

**I WILL USE THE WORD “AGING” TO REFER TO**  
**THE PROCESS.**

**IF YOU THINK OF LL17**  
**“LIFE” AS A STICK;**

**CHILDHOOD IS ONE END,  
AGING IS THE OTHER.  
THE MIDDLE IS CALLED LIVING!**

**CHILDHOOD IS “HOOKING UP TO” THIS LIFE.  
IT TAKES ABOUT 10 YEARS TO REACH THE POINT AT  
WHICH A CHILD IS CAPABLE OF  
“DOING THEIR PART”  
IN CREATING AND SUSTAINING THE WORLD.  
IN “SHORT”, BECOMING A FULL PARTNER IN  
“COLLECTIVE CONSCIOUSNESS”.**

**AGING IS “UNHOOKING FROM” THIS LIFE AND IT  
TAKES ABOUT 10 YEARS TO REACH THE POINT AT  
WHICH WE MUST DECIDE IF WE ARE GOING TO  
“GO” OR “STAY”.**

**DURING THIS 10 YEARS THE “UNHOOKING FROM”  
OCCURS IN VARIOUS FORMS, SOME VERY SUBTLE,  
SOME MOST PRONOUNCED;**

**A LESSENING OF STAMINA  
A LESSENING OF STRENGTH  
A LESSENING OF ENDURANCE  
GREATER TENDENCY TO FORGIVE  
WE DON'T REQUIRE AS MUCH SLEEP  
LESS SATISFACTION IN OUR SUCCESSES  
A NARROWING OF OUR AREAS OF INTEREST  
MORE THOUGHTS CONCERNING OUR ESTATES  
MORE THOUGHTS GIVEN TO “LIFE AFTER DEATH” <sup>LL17</sup>  
LESSENING OF OUR “DRIVE” AND “WILL TO GET AHEAD”  
A SOFTENING OF OUR PREJUDICES AND HATEFUL ATTITUDES  
CONSIDERATION OF ACTIVITIES IN TERMS OF EFFORT REQUIRED  
A “BEEN THERE, DONE THAT” ATTITUDE TOWARD MANY ACTIVITIES  
A LESSENING IN THE SATISFACTION WE GET FROM THE THINGS WE DO**

**AT THE END OF THE 10 YEARS,  
THIS VARIES SOMEWHAT FROM INDIVIDUAL TO INDIVIDUAL;  
YOUR DECISION TO “GO OR STAY” WILL LARGELY BE BASED ON  
TWO THINGS;**

**1<sup>ST</sup> HOW WELL YOU “UNDERSTOOD” AND “ADJUSTED TO”  
THE “UNHOOKING PROCESS”.**

**IF YOU ARE ABLE TO REGARD THE CHANGES IN YOUR LIFE,  
AS THE NATURAL WAY OF**

**“LESSENING YOUR CONNECTION TO THIS WORLD”  
AND OF**

**“DOWNSIZING YOUR REALITY”,**

**YOU WILL AVOID THE DISTRESS THAT**

**“FEAR”, “WORRY”, AND “DEPRESSION”  
BRING TO AGING.**

**THIS IS A “ONCE IN A LIFETIME” EXPERIENCE, ENJOY IT!!!  
IT’S BETTER THAN “HOOKING UP”;  
YOU HAVE A HIGHER REALITY TO LOOK FORWARD TO.**

**2<sup>ND</sup> HOW MUCH “UNFINISHED BUSINESS” YOU HAVE OVER HERE.**

**THE NATURE OF THE UNFINISHED BUSINESS IS NOT IMPORTANT.**

**IF IT IS OF “SUFFICIENT IMPORTANCE” FOR YOU TO STAY, YOU NEED TO  
UNDERSTAND THE THINGS YOU MUST DO TO MAKE YOUR STAYING**

**PRODUCTIVE AND ENJOYABLE.**

**WHILE THE “UNFINISHED BUSINESS” MAY BE OF  
SUFFICIENT IMPORTANCE TO KEEP YOU HERE,  
IT IS NOT ENOUGH INPUT TO KEEP YOU  
FUNCTIONING AT YOUR BEST.**

**YOU’LL NEED ADDITIONAL INPUT LL17**

**A HOBBY**

**VOLUNTEERING**

**BECOMING A MENTOR**

**TAKING ADULT COURSES**

WORKING AT A PART TIME JOB

DIETING, EXERCISING, AND STAYING FIT

LEARNING THINGS YOUR GRAND KIDS ARE INTERESTED IN,  
IF YOU DON'T KNOW WHO "HARRY POTTER" IS YOUR GRAND KIDS AREN'T GOING  
TO FIND YOU VERY INTERESTING,

THINK OF IT LIKE PRACTICING WHEN LEARNING TO PLAY  
A MUSICAL INSTRUMENT,  
IT DON'T MATTER WHAT YOU PLAY,  
AS LONG AS YOU'RE PLAYING.

IT DOESN'T MATTER WHAT YOU BECOME INTERESTED IN,  
SO LONG AS IT'S SOMETHING YOU ENJOY.

"USE IT OR LOSE IT"  
APPLIES TO YOUR "BRAIN" AS WELL AS YOUR "BODY".  
**STAY INTERESTED AND STAY ACTIVE!**

HERE'S A LITTLE BONUS;  
"USE IT OR 'LOSE IT",  
IS ESPECIALLY TRUE OF YOUR "SEX LIFE"

IF YOU'RE GOING TO STAY YOU NEED  
**"NEW INPUT"**

IF YOU DECIDE "TO GO", THERE'S A  
PROPER WAY TO DO THAT AS WELL.

**JUST DECIDING "TO GO"** LL17  
WILL BRING ABOUT ADDITIONAL CHANGES IN YOUR LIFE.  
YOUR "SHORT TERM MEMORY" WILL SUFFER.  
YOUR THOUGHTS WILL GO TO "PATHS NOT TAKEN".  
INTEREST "IN THE WORLD" WILL LESSEN NOTICEABLY.  
YOU'LL ENJOY THE PEACE AND QUIET OF BEING ALONE.  
YOU WILL EXPERIENCE A LESSENING OF YOUR ABILITIES.  
"NEW INPUT", WILL BECOME UNDESIRABLE, AND CONFUSING.

YOU WILL BECOME MORE INDIFFERENT TO YOUR APPEARANCE.  
YOU WILL SPEND MORE TIME REMEMBERING YOUR “CHILDHOOD”.  
MANY THINGS YOU ENJOYED ARE NO LONGER WORTH THE EFFORT.  
LESS SATISFACTION FROM THE COMPANY OF FRIENDS AND FAMILY.  
THE LIST GOES ON, BUT THIS GIVES YOU THE IDEA.

TO REMAIN HAPPY, OR AT LEAST CONTENT, DURING THIS  
“FINAL UNHOOKING”, YOU MUST STAY FOCUSED ON

**“WHAT YOU STILL HAVE”**

**NOT**

**“WHAT YOU HAVE LOST”.**

IF YOU FOCUS ON “WHAT YOU HAVE LOST” YOU WILL BECOME TOO  
SUBJECTIVE AND EMOTIONAL TO ENJOY “WHAT YOU STILL HAVE”.  
YOU’LL NOT BE ABLE TO TUNE TO THE JOY IN PREPARING TO LEAVE.

IF YOU STAY FOCUSED ON GETTING READY FOR THE  
“GREAT ADVENTURE”, YOU WILL FIND THAT  
**YOU DON’T HAVE TO “GET SICK” TO  
LEAVE THIS REALITY.**

DYING IS A NATURAL PART OF LIFE AND WHILE MOST OF YOU  
ASSOCIATE DEATH WITH “ACCIDENT OR ILLNESS”,  
NEITHER IS REQUIRED  
FOR YOUR DEPARTURE.

When you have been “in tune with” and “in control of” your “unhooking”,  
YOU WILL SIMPLY DEPART  
WHEN YOU NO LONGER HAVE A REASON TO BE HERE.

IT WILL BE  
THE DECISION OF “YOUR SPIRIT”  
WITH  
THE AGREEMENT OF “YOUR MIND”.

QUITE OFTEN IT IS SIMPLY LL17  
**GOING TO SLEEP IN THIS WORLD**  
**AND**  
**WAKING UP IN A BETTER ONE.**

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